



Avian Influenza Exposure Symptom Checker

Please monitor yourself daily for symptoms of avian influenza for **10 days** after your last exposure to infected birds. If you are around infected birds again, restart your 10-day monitoring period from Day 1.

Date	Symptoms (check if you have any of these symptoms) *different from pre-existing allergies													
	Fever and/or chills	Cough	Sore throat	Shortness of breath	Runny or stuffy nose*	Sneezing	Shortness of breath	Eye irritation	Diarrhea	Nausea or Vomiting	Fatigue	Muscle or body aches	Rash	Headache

Additional space on next page.

If you develop one or more of the above symptoms after contact with infected birds:

- Call your healthcare provider **AND** Maine CDC (1-800-821-5821). Be sure to mention your recent exposure to infected birds.
- If your healthcare provider tests you for flu, call Maine CDC to let them know.

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